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Sudbury Court and Pebworth Estates

July
2023

The Courier

93rd
Year





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The Courier



June 2023

Number 249 (1,089)

The official publication of the Sudbury Court Residents' Association.

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Dear Neighbours,

Hope you're all keeping well.

I'm writing to you today just before packing my suitcase to go on holiday—my first 'proper' holiday for 8 years! I can't wait! I hope you're able to plan some time for yourselves during the summer—whether taking advantage of our local resources, or going further afield.

I was sorry not to be able to attend the AGM, if you also missed it, you can catch up with a brief summary of events on pg 7. While most of the committee members have very generously stayed in post, anyone who wants to get a bit more involved in the community can contact Noura (again Pg 7) - we also need some Courier delivery help if you've got a spare half hour from time to time.

Get in touch if you have any local stories, please, would love to hear from you.

That's it from me for now,

Until next time,

Kaye

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If you don't have email and you would like to contact the SCRA, please call:

07933 958 166

(available weekdays 10am-2pm; 4-6pm, or send a text and we'll get back to you)

Northwick Park Safer Neighbourhood Team (SNT)

PCSO Charlie Charalambous 7271NW
PC Finn Kennedy 2621NW (author of this article)
PC Bahadur Ryatt
Acting Sergeant Steve Hicks



Dog Issues:

Police are currently investigating a number of reports in the local area of dogs being dangerously out of control. If you are a dog owner please be aware that your dog should be in control at all times, whether on the lead or off – if your dog is reactive it is advisable that you keep it on a lead. If you are suspected of having a dog dangerously out of control you could be subject to criminal prosecution and your dog being seized and perhaps destroyed.

Thefts of and from vehicles:

Take as many precautions as you can, some very easy steps:

- Faraday pouch for your keys
- A good steering lock on your car.
- Keep your car clear of anything of value and leave your glove compartment open to demonstrate it's empty of anything of value

Please be aware that Blue Badges are highly sought after so take it in the house when not in use.

Selling Cars or electronic devices:

Within the past month, a resident had advertised his car for sale and some prospective "buyers" came around to his address and allegedly tampered with his car in order to get it at a reduced rate. Please be cautious if selling cars privately, in addition to this sort of incident other residents have had their cars stolen by people coming around to their address as prospective buyers and doing a test drive but not returning the car.

Other residents, selling mobiles privately have been robbed of their handsets by prospective buyers who contacted them and arranged to meet face to face.

Be aware and have someone with you.

Extortion:

Within the past month two separate young male residents have been victim of this: the scam works like this the victim has connected with someone on a social media

platform, they've interacted and the victim believed this person to be a genuine woman. Things have escalated romantically and he has sent intimate photos of himself to this 'woman' - who turned out to be a man who subsequently tried to extort money from the young male.

On average we are getting at least one male resident per month who is falling victim to this and the experience leaving them in despair. Please be aware of it and if you are a parent speak to your children whatever their age about the dangers of sending intimate photos of themselves to anyone.

Parking Scam:

In the Wembley Central and Ealing Road area a number of elderly residents have been scammed by males with hand card readers or being walked to cashpoints for being "fined" by these males who are pretending to be parking enforcement officers who "fine" the residents under the pretence that the elderly resident has parked illegally. Under no circumstances should anyone give their card over or cash in these circumstances. The males involved in this can look quite presentable but will not have a uniform like local authority enforcement officers.

If you have received a legitimate fine then the enforcement notice will be put on your vehicle windscreen and if it is a Brent Council or local authority fine then the full information will be on there as regards payment of the fine, it will never involve immediate payment in cash or by card. In previous years, a resident was scammed in this manner when he parked in a Cash and Carry car park near Sainsbury's Kenton Road.

What has your team been up to?

01/06/2023 a brothel was identified near the new Tesco Watford Road, following enquiries with the company doing short term lets (hotel style) at the location they instigated immediate eviction proceedings, and on the

3/06/2023 the persons connected to this brothel were evicted from the address.

27/05/2023 at about 1300hrs PC Kennedy was on patrol in the Wembley Stadium footprint for the football there, a youth from Hirst Crescent was seen on a suspected stolen bicycle, he was searched and found in possession of a knife and masks. He was arrested and the bicycle confirmed stolen. He was subsequently bailed whilst a file is being prepared for charging decision.

Overview of offences 9th MAY—6th JUN:

Burglary: Kenton Road (in 70s odds) 02/05 – 19/05 monies stolen from room in house not believed to be by outside intruder.

Robbery: Kenton Road 18/05/23 at about 2am, victim was walking and on their phone when someone on an e-scooter came up and snatched their mobile from them.

The reporting methods: **999 for an emergency situation** – immediate risk to personal safety or that of property, if a suspect for a crime is still there and likelihood that police could effect an arrest (not always possible due to call volume). **101 for a non-emergency situation** where a crime has been committed and the suspect no longer on scene or nearby, non-emergency incidents may also be reported online via the Met Police Website – www.met.police.uk

OWL—Online Watch Link

We use OWL to send alerts to residents

about local crimes and other info of benefit.

Please register at www.owl.co.uk or download the OWL mobile app (search for "OWL crime alerts") - this is a FREE service.'

The various residents' WhatsApp groups receive the same alerts. (please email: membership@the-scra.co.uk for details)

Please consult the websites below for more crime prevention tips or if you do not have access to the internet, perhaps speak to us and we might be able to arrange that you obtain a crime prevention pamphlet.

Your team would welcome any information on anti-social behaviour or criminal offences occurring in the area—please contact us:

020 87212 969 or 07920 233 752

northwickpark.snt@met.police.uk

Useful numbers:

Dial **999** in an emergency—where a crime is in progress or life is in danger.

For non-emergencies, ring **101**

To give information anonymously call Crimestoppers on **0800 555 111**

Useful websites:

Find a whole host of useful info: e.g. crime prevention, crime statistics, identity theft!

www.met.police.uk

www.homeoffice.gov.uk

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SCRA—AGM Update - Pareet Shah, Chair

Hello everyone,

We held our AGM at St Cuthbert's Church on Wednesday 17th May, and here's a brief summary:

1. **Committee update.** Nisha Gorasia and Hiten Shah stood down from the Committee. We'd like to thank both for their help. Nisha has been on the Committee for several years and was Membership Secretary for the last few years, and her hard work is greatly appreciated by all of us. Hiten was Treasurer last year and we are grateful for his input during this period. The rest of the Committee all stood for re-election and were elected, but the role of Treasurer is still vacant; at time of writing a resident has come forward expressing an interest in the role and the Committee is following this up.

2. **Accounts.** The 2022 Accounts were presented and approved at the AGM, and we would like to thank Paul Lorber for his help in putting these together for the AGM.

3. **Senior Citizens' Outing.** This popular, annual trip had been organised by Susan and David Friend until a few years ago. On behalf of the SCRA I would like to thank them for their hard work over many years as it was a wonderful initiative which helped to build a strong sense of community for our residents. At the AGM, some members enquired about restarting this again; hopefully we will be able

to do so soon.

4. **Safer Neighbourhood Team.** Charlie from the SNT attended to provide an update on local policing issues.

- Fortunately, burglaries have reduced from 12-13/month pre-Covid to about 2-3/month
- Catalytic converter thefts appear to have stopped
- SNT are aware of Estate road traffic collisions (see below)

5. **Planning.** We are still waiting to receive updates on the 231 Watford Road planning application (Mumbai Junction). We have some potential procedural concerns about the planning process and may take this up with the ombudsman.

Safer Neighbourhood Team meeting:

The SNT organised a meeting on 24th May and in addition to the matters set out above, the following were noted and discussed:

- SNT will be more proactive in dealing with the increase in road traffic collisions locally.
- East Lane Tesco is creating a hot spot for beggars and drinking and associated littering.
- SNT is aware of drug-dealing taking place at 'The Pimple'.

Good Neighbours make Great Volunteers

We currently need a Courier deliverer for Woodfield Avenue—if you live in Woodfield, or close by, and you have a spare 30-45 mins per month, please do get in touch to help us and your neighbours receive their Courier.

We could also do with a couple of additional back-up Courier deliverers to step in if one of our regular deliverers falls ill, or are on holiday—so they will only be called in occasionally.

More the merrier!

If you are interested in there being more regular social events or get-togethers for residents, please come and help us organise them! Or maybe you'd like to join the committee?

Please get in touch.

secretary@the-scra.co.uk or contact the SCRA phone on **07933 958 166**

A service for everyone...

Greetings, salaam, shalom and namaste to you and all. I trust you're safe, well and in good spirits.

Following on from my previous article today I would like to summarise the range of services we offer and invite you to send us feedback on how we may evolve further to meet your needs.

FOOTCARE PACKAGES PROVIDED BY OUR HYGIENISTS

Nail Cutting Service £45

Includes treatment of normal and diseased or disfigured nails.

Footcare Hygienist £45

Includes treatment of nails, callous, corns and hard skin.

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Thanks for reading and on behalf of everyone at the Foot Comfort Centre we hope you have a great day, *Firoz*

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Plays and Prosecco—East Lane Theatre 24th—30th July



Well, we're definitely going for more audience participation! You obviously really enjoyed voting "guilty" or "not guilty" every night at our most recent, very successful production of the courtroom drama "The

Accused". So, here's another opportunity for you to participate- read on.

Our next production is of 2 short plays , both set in hospitals, both written/adapted by East lane members who are all published writers.

"Night Duty "was originally written by David Stroud and has been adapted for stage by Barbara Towell. "Visiting Hour " was written by Jane Lockyer-Willis.

In "Night Duty" a charge nurse and a junior nurse are on, you've guessed it, night duty

on the same ward. They have never met before, but.....

In "Visiting Hour" we follow the ups and downs , eccentric, sometime funny, sometimes sad, for staff and patients in a psychiatric hospital.

Here's where you come in: On arrival, you will be given a token for a glass of Prosecco or a soft drink. The bar and café will be open as usual, but this is a little summer present from us to you. What a lovely way to spend a summer afternoon or evening!

At the end of the second play, you will be invited to keep your seats and meet the authors and the directors for a Q and A about the writing of the plays and the process of staging them. You don't have to ask a question, but we are sure some of you will and that all of you will enjoy hearing the answers.

For booking details, visit:
www.eastlanetheatre.co.uk



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One man went to Mow.

In May this year we were encouraged not to mow for “No Mow May”. This was to give wild flowers and insects a chance to increase in number. However, you can end up with too many wild flowers, or weeds as most of us call them, if not well managed. It’s good to protect the environment but this takes more work and time not less. If you didn’t mow in May it meant you had quite a job getting that lawn back in to shape once June arrived. You had to spend extra time removing those “wild flowers” from all those areas where they can do too much damage.

There are very few things as pleasurable as looking at and admiring the garden - the resulting beauty of your day’s toil and the glory of nature at work in your garden, that is if you

you are lucky enough to have one.

It is so very important for us to spend time admiring, reflecting and relaxing after working hard on any project that we undertake. Even God, in the first book of the old Testament, after he creates the heavens and the Earth over seven days, takes time on the seventh day to rest and admire what he had created, and God said it is good. This is where the tradition of the sabbath comes from. If we all did spend more time engaged in this practise once again, we may find that the environment would improve considerably and our mental well-being too. We often find that it is the richness of the wisdom from the past about how to live that we can learn so much from.

Rev Trevor Goddard



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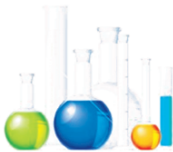
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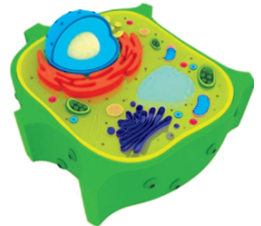
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Love Parks Week - 28th July—4th August

We're so lucky to be surrounded by so many green spaces. As it's on your doorstep, do you take it for granted, or not use it at all because it's just there?

If you have a dog you might use the park every day; if you have little ones you might go on a nature trail or take turns on the play-ground equipment; you might play sport in the park; or you may simply enjoy being in a natural open space for the positive physical and mental health benefits. However you use the park on a regular basis, it's a great opportunity for children, pets and everyone in the wider community to utilise a vital space to play, grow and connect.'

In Northwick Park we also have the Community Garden to enjoy.

How often do you make a point of meeting friends/family in the park just to socialise, or for a picnic?'

Love Parks Week is a little nudge to



encourage people to give a shout out to their green spaces and the workers and volunteers who maintain them.

As the initiative is promoted by Keep Britain Tidy perhaps you could have a picnic followed by a Litter Pick?

However you enjoy our green spaces, <https://www.keepbritaintidy.org/get-involved/support-our-campaigns/love-parks-week>

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- Everyone should have a Will, but 2 out of 3 people have not yet made one, and those that **have may not have the correct Will** in place.
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- An estimated 70,000 people per year have to sell their homes to **pay for care**.
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Sudbury Court Horticultural Society

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Greetings, fellow gardeners! As the warm sun continues to grace our lands and nature's palette comes alive, it's the perfect time to immerse ourselves in the world of horticulture. From the timeless allure, vibrant colours and captivating fragrance of roses, to the cheerful faces of sunflowers, the beauty of this season is quite remarkable.

Uniting hobbyist and specialist growers alike, SCHS openly shares our love for plants and offers various horticultural shows and events throughout the year. In June we held our Early Summer show and second coach outing to Savill Garden. Both were great successes and very well attended. We extend our heartfelt thanks to all our members and volunteers for making these events so enjoyable.

Hyde Hall 5th August : Our RHS coach outing presents a wonderful opportunity for members to explore the remarkable RHS gardens at Hyde Hall. With its charming woodland walks, serene water features, and well-maintained pathways, Hyde Hall provides a peaceful retreat for visitors to relax and reconnect with nature. Whether you are seeking inspiration for your own garden or simply looking for a tranquil escape, Hyde Hall Garden promises a delightful and unforgettable experience. Tickets £20pp. SCHS Membership required. Priority will be extended to those who have booked previous trips. Tickets available:

Lynn : dubefamily@gmail.com

Christine : clawton13@btinternet.com

Of course, at this time of year, it's crucial to provide adequate hydration for your plants. Watering preferably in the early morning or late evening to ensure optimal absorption.



Harvesting rain water with a water butt is a great way to ease your water bill and is naturally nutrient rich, which is much better for your plants than tap water. Remove faded flowers and trim overgrown branches to promote healthy growth and maintain the desired shape of your plants. Monitor your fruits and vegetables closely, harvesting them at their peak of ripeness to savour the rewards of your gardening efforts.

Looking ahead, mark your calendars for the Autumn Show, September 23rd and AGM, October 28th. Don't forget the SCRA Annual Front Garden competition in August too. We encourage you to enter, exhibit, and share a little bit of your gardening skills with local residents.

Since its establishment in 1933, SCHS has worked to inspire, unite, and educate gardening enthusiasts of all ages and ability levels. If you have specialist horticultural skills to pass onto our members, would like to become a member, volunteer or share anything with us, please don't hesitate to get in touch. Happy gardening!

Tim Manson, SCHS Chair
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Northwick Park Community Garden

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Botanicals, Brownies and Bread

We held a successful plant and cake sale on the last Bank Holiday in May. We sold some botanicals, cake and delicious brownies and thanks to the generosity of everyone we made some extra bread.

The generous donations of plants by Hema (@growwithhema) and Councillor Mary included some lovely cucumbers, tomatoes, spinach, beet, cosmos, hydrangeas, rudbeckia, mustard, kale, sunflowers, cabbage, nicotiana and brussels. A huge Thank You to both of these kind and inspiring gardeners for finding the time to grow extra plants to make our event possible. The cake bakers produced a wide variety of bakes to get taste buds racing and we nearly sold out of everything.

Only a few plants and cakes remained from the sale. The remaining plants were donated to London's Community Kitchen in Harrow to grow in their permaculture garden. The participants of the Permaculture Design Course devoured the leftover cakes the next day prior to evening class.

It was great to catch up with Friends and Volunteers of NPCG, members of the Sudbury Court Horticultural Society and the Woodcock Nature Conservation Group, and chat to lovely people who stopped by to find out more about the community garden and our events.

Talking of events, we continue to run free monthly workshops for children aged 5-13

years and their families to explore the garden through the seasons, until December 2023 from 10.30am to 1.30pm on Sundays. These are interactive workshops organised around the head/heart/hand learning ethos and run by Susannah Hall. Supported by participants from the Permaculture Design Certificate course and volunteers from the community garden. We've held a couple of workshops to date and received lovely feedback from Jagruti about her grandchildren's experience at one of our children's workshops: "Jovan and Bella had such wonderful time and learnt a bit more about plants and nature". Details on topics to be covered at forthcoming workshops are found in the News & Events section of our website. Email us to register for workshops or on any questions you may have.

Have a lovely summer with plenty of sunshine, good company and laughter!



For the keen gardeners amongst you, the following words by Andrew Timothy O'Brien may resonate: "Understanding comes upon us with the acceptance of the truth that our garden will never be finished, and we ourselves are works in progress. And – quite unexpectedly – in that we find perfection."

Best wishes, & happy gardening,
Eleri, Jo, Rishil and Iris

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What are your plans for *tomorrow?*

So you probably know where you're going on your holiday this year, maybe you've even booked for next year as well or you're saving up for your next big adventure. You may have already thought about retirement, that iconic move to the country or maybe you've always dreamed of moving abroad. Planning is a big part of life, whatever your age. Hopefully you have already made a will, it's not morbid to think and plan ahead like this, for it will happen to us all eventually.

Independence

We are living longer and stronger than ever before. Getting older doesn't mean we have to lose the independence that is so ingrained in us. With a bit of planning, sudden changes in our health need not mean enormous changes to where or how we live.

Some relish the opportunity to move to a care home or sheltered accommodation, but you might want to keep your independence and have additional help in your own *Home Instead*. It helps your loved ones enormously if they know what you would prefer, so don't let it get to a crisis point where decisions are rushed; plan ahead...

Don't shy away from the *conversation*

It's staggering to think that a third of adults are concerned about the physical health of their parents but yet 81% are reluctant to start a conversation about care (Home Instead survey of 1,500 adults). When did talking about care become such a taboo subject, we are all going to need some sort of care so make plans now!

For help supporting you and your family starting these conversations call **0208 022 4590** or email: **leena.lakhani@homeinstead.co.uk**

Personal Care

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Companionship

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Live in Care



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With the better weather finally here it is a good time to recharge both your body and your brain. . . Yoga, Pilates . . . You can also borrow a book on all sorts of subjects or interests to keep your brain active too.

MONDAYS:

11am-2pm Memory Lounge Dementia Group
3-6pm Library Open (Book Club every 1st Monday of month from 4-6pm)
7-8pm Yoga (£7)

WEDNESDAYS:

10.30am-12.30pm—Knitting Social Group
1-3pm—Art Group
3-6pm—Library Open
7.30—8.30pm Yoga (£7)

SATURDAYS:

11-11.45am Under 5s Story Telling & Rhyme
11.45—12.45 Arts & Crafts
12.15—1.30pm Chess
11am—3pm Library Open

SUNDAYS:

10-11 Pilates for over 40s (men & Women) (£8)

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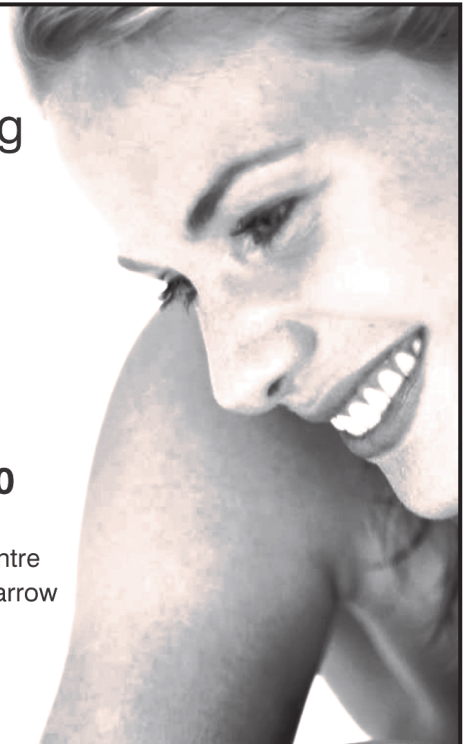
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Kids' Page

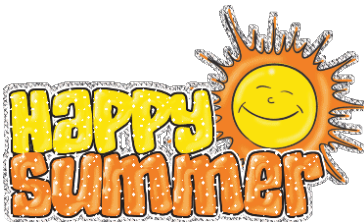


Hi,

We enjoy putting this page together for you—we hope you like it.

If you have a favourite joke—send it in to us and we'll share it.

Faizan (aged 10) and Saniya Zaidi (aged 7)



jokes

Why did the cookie go to the hospital?
Because he felt crummy.

What do cats eat for breakfast?
Mice Krispies!

Knock, knock.
Who's there?
Owls go.
Owls go who?
That's right!

Why do bees have sticky hair?
They use honeycombs!

What's a wolf's favourite kind of pizza?
Pupperoni pizza.

What do bees order at McDonalds?
Hamburgers!

**What do you get when you cross a ham-
burger with a computer?**
A big Mac!!!



facts

- In 1937, Amelia Earhart attempted to be the first woman to fly around the world. But after radioing that she was running low on gas, she, her navigator and her plane were never heard from again.

- US soldiers serving in World War II (which happened in the USA from 1941-1945) were the first to eat M&M's (which originated in the USA on the 10th of September 1941). The candy coating allowed the troops to carry the high-energy treat without it melting.

- E.B White, the author of *Charlotte's Web*, got his inspiration for the book when he walked into his barn and discovered a spiderweb.

Did you spot the deliberate spelling mistake?
'breakfast' should be 'breakfast'.

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Pictures - JPEG (high res)
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